Miller Community Center Fall 2003 Program Brochure

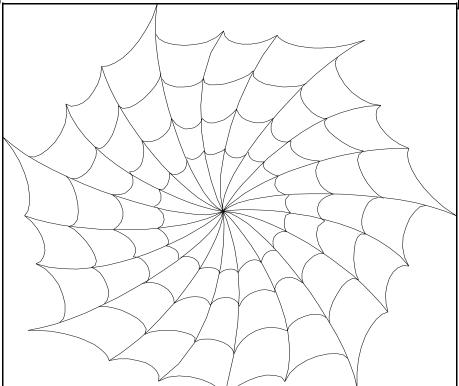
330 19th Avenue East Seattle, WA 98112 (206) 684-4753 (206) 684- 4397 - FAX



Fall Class Registration Begins: September 2, 2003 Fall Classes Begin: September 15, 2003 (Unless Otherwise Stated)











General Information

Miller Community Center

330 19th Avenue East Seattle, WA 98112

(206) 684-4753 phone (206) 684-4397 fax

FALL HOURS OF OPERATION

Sept 7 - Dec 31, 2003

Mon/Wed/Fri

1:00 pm - 9:00 pm

Tues/Thurs

10:00 am - 9:00 pm

Saturday

10:00 am - 5:00 pm

Sunday

Noon - 5:00 pm

HOLIDAY CLOSURES

Labor Day Monday, Sept. 1

Veteran's Day Tuesday, November 11

> **Thanksgiving Day** Thursday, Nov 27

Friday, Nov 27 Friday, Nov 28

Christmas Day Thursday, Dec 25



FEES & CHARGES

The programs and activities listed in this brochure are sponsored by the Miller Advisory Council under an agreement with the Seattle Department of Parks and Recreation. For each participant registered in a class, 1.2% of the fee goes to the City of Seattle. Also, included in the fees is an .5% utility fee to help offset higher utility costs. Class and program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State Tax Code.

PAYMENTS

We accept checks, money orders, credit cards, and EXACT CASH ONLY. Please make check or money order payable to **Miller Advisory Council.** A \$20 fee will be charged for all returned checks.

REFUND POLICY

A full refund is given to participants who register for a program that is cancelled by the Department for any reason. If a participant drops a class or program for which he or she is registered prior to the second meeting of a session, \$5.00 or 10 % of the fee, whichever is greater, will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. If a participant drops a class or program after the second meeting of a session, no refund will be given.

DIRECTIONS

Miller Community Center is on Capitol Hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

METRO BUS ROUTES

#8, 12, 43 - stops at 19th & Thomas (1 block north) #48 - stops on 23rd Avenue (4 blocks west)

South on Interstate 5

Take the Highway 520 exit. Take the Montlake exit, go to the light and turn right. Go approximately 1 1/2 miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John St. Go up the hill to the 4-way stoplight at 19th Ave East. Turn right onto 19th Ave E.

North on Interstate 5

Take the Madison St. exit from I-5. Go past the Dearborn and James St. exits, then take the Madison St. exit. Turn right onto Madison St. and proceed East approximately 1.5 miles to 19th Ave. Turn left and proceed north to the 4-way stoplight (Thomas St.). Continue north on 19th Ave East for 1/2 block.

Staff & Dept. Info

2003 Budget: What it means for your community center

The City of Seattle anticipates bringing in \$63 million less in reserves in 2003 than in 2002. This has resulted in almost #5 million of budget cuts in Seattle Parks and Recreation. One reduction in the 2003 budget the City Council adopted on November 18, 2002 will mean that your community center will be open fewer hours per week. Beginning January 2, 2003, basic operating hours for the center will be 1:00 PM – 9:00 PM. Each center will also be open an additional six hours on weekday mornings (see page 2 for Miller's hours,) and will continue to be open 10:00 AM – 5:00 PM on Saturdays in the fall, winter and spring. The center is available beyond these hours on a pre – arranged fee basis.

Customer Services Unit (CSU)

For information about Parks and Recreation facilities, recreational programs or scheduling anywhere in the City please call the customer service unit at 684-4075. For additional information about Senior Adult Programs call 684-4951 and for

Anti-Discrimination

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (S.M.C. 18.12.280)

ADA Compliance (American Disabilities Act)

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call 684-4753 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Miller Advisory Council

We are looking for citizens in our community to join our advisory council. We are looking for positive and creative thinkers that can have an impact in our community. Our goal is to create scholarship opportunities for the low income through grant writing and other fundraising activities. For more information please call Gina Saxby at 684-4753.

The staff at Miller Community Center are pleased to serve you. We welcome comments and suggestions about what we can do to improve your Community Center.



Professional Staff:

Gina Saxby
Acting Recreation
Center Coordinator
Mary Pat Byington
Assistant Recreation Center
Coordinator
Roosevelt Straw
Maintenance Laborer
Traci Grant
Teen Development Leader

Recreation Attendants:

Michelle Bounds Mychael Garrett - Smalls Tony Holmes Nicole Howard Audrey Weaver

Management Staff:

Ken Bounds
Superintendent
Christopher Williams
Recreation & Parks
Operations Director
Royal Alley - Barnes

Special Events



FAMILY HARVEST **FESTIVAL**



Join us for our 3rd Annual family event to celebrate fall and winter. Children's art created at the

community center will be on display. There will be activities for all ages. Children 12 and under will receive a surprise gift bag

Saturday- October 25th 4:00-6:00PM



Rec - Tech Coalition Auction

Come support the Rec - Tech Coalition of the seven community centers within the City of Seattle Parks and Recreation Department that have computer labs.

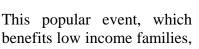
We are

looking for items to auction off. If you have any items or monetary gifts you would like to donate for the auction, please contact Mary Pat Byington or Gina Saxby. Volunteers needed to help with the auction.

Saturday, November 8th 5:00 PM - Registration 5:30 - 7:00 PM - Silent Auction 7:00 PM - Closing - Dinner & Live Auction Cost: \$50.00



WINTER HOLIDAY PARTY



is back. Everyone is invited to participate in the festivities. Low a tutoring session. income children ages 2-10 may participate in the gift giving. Pre-registration for gifts is required.

Call (206) 684-4753 between December 1-17 for gift registration.

Friday – December 19th 6:00 - 8:00 PM

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H.E.L.P. Tutoring

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. All ages welcome!

Tutor: Azi Colling

Location: Miller CC - Activity Rm #1

Dates & Times:

Thursday: 5:30 PM - 7:30 PM Saturday: 10:00 AM—2:00 PM

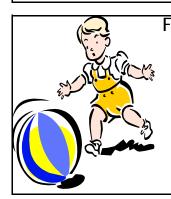
Please call (425)641-3969 to schedule

Cost: FREE



Toddler Programs

MITEY-MITE PLAYTIME



For those rainy Seattle Fall days we offer a play group for children ages 6 mths - 5years.

Come and meet other parents with toddlers and infants and make new friends.

Punch cards are available.

This activity is parent supervised and set up.

Location: Miller CC - Gym

Tue-Thurs 10:00 AM - 12:00 PM

There is a \$1.00 drop in fee.



LITTLE DRIBBLERS PROGRAM



Our instructor, will introduce your youngster to the drill, skill, court movement and teamwork of basketball. Provide your child with a solid foundation and watch their confidence soar in this fun, supportive class environment. Each class limit is 25 students so register early!!

Instructor: TBA

Location: Miller CC Gym
Days: Tues & Thurs
Time: 5:00pm-6:00pm
Ages: boys & girls 4-7
Cost: \$35.00 (per session)
Session I: Sept.16 -Oct.-23
Session II: Nov. 4-Dec. 11

GYMNASTICS

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

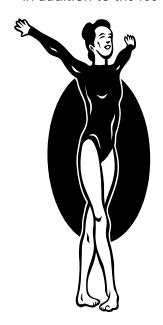
Instructor: Sandra Kanar **Location**: Miller Annex Gym

Day: Wednesday **Time**: 4:00pm-4:45pm

Ages: 4-5

Cost: \$45.00 per session*

Session I: Sept. 17- Oct 22 * Session II: Oct. 29 - Dec. 10
\$35 annual insurance fee must be paid once a year in addition to the fee listed above.





After School Programs

After School Program

Program begins Sep 3 * Space is limited, so register NOW!

These programs follow the Seattle Public School calendar for Elementary Age .See info on one day & wtr break camps. *Registration paperwork and proof of immunization is required.*

The after school program is designed around a theme. Each month the activities are planned to include art, music, dance, sports, cooking and field trips. An important emphasis for this program is tutoring and homework help. Each day we will challenge the mind and body with creative programming. Seattle Public schools will transport on a school bus upon request. Transportation # 252-0900 Maximum 30 youth.

Location: Multipurpose #1 ** **Time:** 3:00-6:00 pm **Ages:** Kindergarten - 5th Grade ** **Fee:** \$230.00 per month

September 3, 2003 - June 17, 2004

ONE-DAY DAY CAMPS

Bring your child for a day of fun activities.

PLEASE SEND A SACK LUNCH.

Maximum registration is 25.

Location: Miller CC Multipurpose #1

<u>Day</u> <u>Date(classes)</u> <u>Time</u> <u>Fee</u> Fri Oct 10 6:45am-6:00 pm \$25.00

WINTER BREAK DAY CAMP

Enjoy a variety of activities and field trips.

PLEASE SEND A SACK LUNCH.

Maximum registration is 30 per day.

Location: Miller CC Multipurpose #1

 Day
 Date(classes)
 Time
 Fee

 Mon-Fri
 Dec 22-26
 6:45 am-6:00 pm
 \$80.00

 Mon-Fri
 Dec 29-Jan 2
 6:45 am-6:00 pm
 \$80.00

There is no camp on December 25th or January 1st.

*A one day rate of \$25 is available,

but priority is given to full week participants

MEANY MIDDLE SCHOOL AFTER SCHOOL ACTIVITIES PROGRAM

(A.S.A.P.)

This program provides comprehensive after-school activities for the youth ages 11-14 (middle school). Our goal is to respond to parental concerns as well as present opportunities for youth to experience a wide range of activities. Major program areas include art/culture, life skills and sport & leisure. All middle school age youth may participate. For details on activities contact Erika Mullen, the coordinator at 206-252-2541.

Miller Teen Program: The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through intergraded developmental assets. These assets include: Education Opportunities, Special Events, Life Skills Workshops, Teen Council, Job Readiness, Group Games, Field Trips and much more.

Teen Development Leader: Traci Grant * Time: 4:00 - 8:00 PM (times may vary) *Age: Teens from 11-18 * Days: Monday-Friday, some Saturdays *Cost: Free (some activities require a fee)

*All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian and Teen Development Leader.

Youth Programs

PIANO LESSONS

Always wanted to play? Start Today! Learn to read music and play songs that will amaze your friends. Basic piano skills will be developed during the five-week session. Supportive, one-on-one instruction guides students to read and perform. Lessons are 30 minutes. Instruction book is dependent on initial assessment. (Cost is \$5.00)

Instructor: Sheryl Shumsky Location: Miller Activity

Room #1

Ages: 6 and up

Days: Wednesday & Friday Session 1: September 17th-

October 17th

Session 2: October 22nd-

November 19th

Time: 4:00pm-7:00pm Cost: \$72.00 per session



WO-YING-CHUAN (Invisible Fist) KARATE

For children and youth willing to learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not inc. in class fee). Class minimum is 5 students.

Instructor: Donald Allen

Location:

Miller CC Multipurpose #2

Davs:

Monday & Friday Sep 15-Dec 19

Time: 5:30-6:30pm

Cost: \$65.00



GYMNASTICS

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Instructor: Sandra Kanar **Location:** Miller Annex Gym

Dates: Wednesdays Ages 4-5 4:00pm-

4:45pm

Beginners (6 & up) 5:00pm-6:00pm Intermediate*

6:00pm-7:30pm **Cost:** \$65.00 per ses-

sion + insurance **Session 1:** September

17th-October 22nd Session 2: October 29th-December 10th

No class November 26, 2003* Requires instructor

approval.





An annual insurance fee of \$35 must be paid prior to the first day of class. This insurance is required to participant in the gymnastics classes and covers one year from the date of payment.

INSURANCE



Any ideas or suggestions for new programs or activities for your children or youth in our community? Please contact the coordinator at (206) 684-4753.



Youth Sports

LITTLE DRIBBLERS

Our instructor will introduce your child to the drill & skill court movement and teamwork of basketball. She will provide your child with a solid foundation and watch their confidence soar in this fun, supportive class environment. Class limit is 25 students so register early!!

Instructor: TBA

Location: Miller CC Gym **Age:** Boys and Girls Ages 4-7 **Days:** Tuesday & Thursday

Time: 5:00-6:00

Cost: \$35.00 per session

Session I September 17-October 24 **Session II** November 5-December 12



Volunteer Basketball Coaches Needed:

Basketball teams age range is 8 - 17 year olds for boys and girls.

If you enjoy working with youth and want to give back to the community, we got the job for you. We are looking for volunteer coaches for our basketball season.

All volunteers must fill out paperwork including a Washington State Patrol Background Check.

Season Meeting will be held in Early November @ 7:00 PM

Information: Call Mary Pat Byington @ 206-684-4753.

GIRLS VOLLEYBALL

Learn to pass, set and hit your way to fun. Games begin September 26th. Registration starts August 19th. *Coaches Needed*.

Coach: TBA

Location: Miller CC- Gym

Age: 10-17

Day: Mon-Thur (games) **Time:** varies 5:30-7:30

Cost: \$30.00



FLAG FOOTBALL

This is a fun, fast-paced game with smaller teams and no contact. What could be more fun? Games begin Saturday Sep-

tember 28th. Registration starts

August 19th. Coaches Needed.

Coach: TBA

Location: Miller CC- Gym **Age**: girls & boys 6-14

Day: Saturdays

Time: varies 9:30am-3:30pm

Cost: \$30.00



Youth Basketball Registration begins OCT 13th

Registration Packest Available Oct 9th

CITYWIDE PROGRAM

\$45.00

Boys Team Ages: 10, 11, 12, 13, 14-15, 16-17 Girls Team Ages: 10, 11, 12, 13, 14-17

Register early for this popular league sport. Games are on Saturdays for ages 10-13 and Sundays for ages 14-17. A complete registration packet, copy of birth certificate and payment must be received before team assignment.

CUB BASKETBALL PROGRAM

\$40.00

Boys and Girls Ages 8-9.

Young players will learn the fundamentals of skill, teamwork and sportsmanship. Games will be played against local community centers. The focus of this program is fun and development in a supportive atmosphere. Games are played on Fridays. A complete registration packet, copy of birth certificate and payment must be received before team assignment. received before team assignment.

Adult Programs

Community CPR Class FREE!

0

Come learn how to save a life with CPR. Learn the techniques of CPR which is required to save a life in an emergency.

The program is free, but a

donation to the Medic Two Program would be

appreciated.

Must pre – register by calling (206) 684-4753.

Instructor: Charles Murphy, Medic Two Volunteer

Day: Saturday, October 11th **Time:** 10:00 AM—1:00 PM

Ages: 18 & Up Cost: Free

Does not meet the WISHA or Red Cross Standards needed for most job requirements.



PIANO LESSONS

Always wanted to play? Start today! Learn to read music and play songs that will amaze your friends! Lessons are 30 minutes. Instruction book is dependent on initial assessment.

(Approximately cost, \$5) Five week session.

Instructor: Sheryl Shumsky **Location:** Miller Activity Rm #1

Ages: 6 & Up

Days: Wednesday & Friday
Time: 4:00pm-7:00pm
Cost: \$72.00 per session
Session I: Sept. 17th-Oct. 17th
Session II: Oct. 23rd– Nov 22nd



GENTLE RESTORATIVE YOGA

First level of Restoration/Recovery Yoga

is particularly helpful for people

with Life Challenging illnesses, who prefer to sit and are in wheel-chairs. There is an emphasis on deep relaxation and breathing techniques. Gentle standing postures are introduced



Instructors:

Jane Woodard, R.N. & Molly

Kenny, M.S.-C.C. & Suzanne Bigelow, M. A. **Day:** Thursday, September 18- December 18

(No class November 27) Time: Noon - 1:00 PM

Cost: Free

Second Level of Restoration / Recovery Yoga

This class follows the first session above and introduces more standing postures and is intended to follow the preparation session proceeding it. It is recommended that the students in the receding class attend to advance their practice.

Instructors:

Ernie Davis, M.S. & Suzanne Bigelow, M.A. **Day:** Thursday, September 18- December 18

(No class November 27) Time: 1:15 - 2:15 PM

Cost: Free

All Level of Restoration / Recovery Yoga

This is the most challenging class, but every student works at his or her own level. Most of the students find this practice a perfect end to their week. We encourage everyone to attend as many sessions as they can to experience the maximum benefits of a yoga practice.



Adult Fitness

WOMEN'S SELF DEFENSE CLASSES

This class is designed for women only to learn and demonstrate courage and discipline. Though this class, Master Allen encourages physical fitness, discipline, confidence and away of life. Class minimum: 5.

Instructor: Donald Allen

Location: Miller CC Multipurpose Room #2

Dates: Mondays & Fridays September 15-December 19

Time: 6:30-7:30 pm

Cost: \$75.00

HATHA YOGA

A combination class of Hatha and Ashtanga yoga which liberates the natural energy of your body. Learn breathe work, body alignment, the opening of joints in a guided flow that is gentle and relaxing.

Instructor: Irmgard Jensen

Location: Miller CC - Multipurpose Room #1

Dates: Mondays & Wednesdays Session I September 15 - October 29 Session II November 3 - December 10

Time: 6:15 pm-7:30 pm

Cost: Session I \$60.00 or \$7.00 daily drop-in fee **Session II** \$55.00 or \$7.00 daily drop-in fee

Men's Basketball Class

Gather your friends and co-workers for a lunch time basketball class. Show off your skills and abilities to your friends and co-workers. Limited to the first 15 people to sign - up per time frame.

Instructor: Staff **Location:** Miller Gym

Day: Friday

Time: 10:00 AM - 11:30 AM or 11:30 AM - 1:00 PM

Cost: \$ 15/month









Open Gym Schedule

Adult Drop In Volleyball

Bring a friend and have some fun!

All levels welcome! Miller CC -Gym Sep 17-Nov 26

Monday & Wednesday

6:00-8:45 pm

Adult Drop In Basketball

Location: Miller Gym

Miller CC Sep 16-Nov 22 Thursday 6:00-8:30 pm

Fri 10:00 am- 2:00 pm

Adult Drop In Badminton

All levels welcome!

Location: Miller CC Gym

Sep 18-Dec 27 Tuesday & Friday 6:00-8:30pm

AIKIDO

Aikido is a martial art based on classical Samurai training and involves smooth, flowing techniques. While the movements have martial applications, the focus is on working together to practice har-

mony and self-perfection.

Instructor: Kareem Kazkaz

Location: Miller Annex Gym

Day: Tue/Thur Sept. 17-Dec. 19

Time: 7:00pm-8:15pm

Day: Saturday Sept. 21-Dec21 **Time:** 10:30am:11:45am

Cost: \$60.00

Community Phone List

RECREATION INFORMATION					
Public Information	684-8020				
Compliments/Concerns	684-4075				
Picnic Scheduling	684-4081				
Field/Tennis Court Scheduling	684-4077				
Group Field/Tennis Ct Scheduling	684-4082				
Field Rain-Out Line	233-0055				
Teen Advocate	684-7136				
Garfield Teen Life Center	684-4550				
TREC Program	684-4368				
Environmental Stewardship	733-9701				
COMMUNITY SERVICE	S				
Chamber of Commerce	686-3221				
Neighborhood Service Center	684-4574				
Police East Precinct	684-4300				
Police West Precinct	684-8917				
Metro Transit Rider Info	553-3000				
SCHOOL INFORMATION	N				
Leschi	252-2950				
T.T. Minor	252-3230				
Stevens	252-3400				
St. Joseph's	329-3260				
Montlake	252-3300				
Meany Middle	252-2500				
Garfield H.S.	252-2270				
Lowell	252-3020				
Topps	252-3510				
MLK	252-2900				
Madrona	252-3100				
Transportation	252-0900				
SPORTS INFORMATION	N				
Youth Athletics	684-7091				
Adult Athletics	684-7092				
Capitol Hill Soccer	675-0397				
Athletic Field Scheduling	684-4077				
Seattle Tennis Center	684-4764				
Garfield Little League	721-3534				
Montlake Little League	329-7607				
Central Area Panthers Football	853-3181				
SENIORS INFORMATIO	N				
Mayor's Office for Senior Citizens	684-0500				

COMMUNITY CENTERS				
Alki	684-7430			
Ballard	684-4093			
Bitter Lake	684-7524			
Delridge	684-7423			
Garfield	684-4788			
Green Lake	684-0780			
Hiawatha	684-7441			
Highpoint	684-7422			
Jefferson	684-7481			
Langston Hughes	684-4757			
Laurelhurst	684-7529			
Loyal Heights	684-4052			
Magnolia	386-4235			
Meadowbrook	684-7522			
Miller	684-4753			
Montlake	684-4736			
Queen Anne	386-4240			
Rainier	386-1919			
Rainier Beach	386-1925			
Ravenna-Eckstein	684-7534			
Southwest	684-7438			
South Park	684-7451			
Van Asselt	386-1921			
Yesler	386-1245			
Queen Anne Aquatics	386-4282			
Ballard Aquatics	684-4094			
Medgar Evers Pool	684-4766			
"Pop" Mounger Pool	684-4708			
Colman Pool	684-7494			
SPECIAL INTER	ESTS			
Aquarium	386-4320			
Asian Art Museum	654-3100			
Daybreak Star Cultural Ctr.	285-4425			
Discovery Park	386-4236			
Green Lake Small Craft Ctr.	684-4074			
Mt. Baker Rowing/Sailing	386-1913			
Woodland Park Zoo	684-4800			
Volunteer Pk. Conservatory	684-4743			
Camp Long	684-7434			
Carkeek Park	684-0877			
Seward Environmental Ctr	684-4396			

Registration Form

Miller Community Center

Please fill out the form completely and return it with payment to: 330 - 19th Ave E, Seattle, WA 98112. For Additional Information call 206-684-4753. No additional confirmation will be sent, please refer to the program brochure for start date and times.

Payee Inform	ation				
Name			Relationship to Participant		
Address		City		Zip	
Home Phone		Other Phone			
Work Phone		e-mail address			

Method of Payme	ent					
Check		Type of Card (circle one)	Visa	MasterCard	Am. Express	Debit Card
(do not mail) Cash		Credit Card Number				
Credit Card		Expiration Date				

General Waiver

Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by the Seattle Department of Parks and Recreation and Miller Advisory Council and declare that I will not hold the City of Seattle, Seattle Department of Parks and Recreation, Miller Advisory Council or any of their employees or volunteers responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Participant Registration

Class Title	Day (s)	Time	Fee	Participants First & Last Name	Birth Date	Sex

Complete the credit card payment information or make checks payable to *Miller Advisory Council #7 and mail to:*